

I need Help

Posted by waydown - 30 Jun 2015 16:31

Ok here is the deal today is my first day signing up and I am not really sure where to start and where to go. I will describe myself a bit. Some of you may be shocked how low one can get. The little I have browsed the forums so far I have not noticed anyone quite as "waydown" as me.

I am a respected bal habays in my mid 30's who is kovei etim and davens with minyanim daily. Here is my struggle. I have been masterbating (zera lvatla) since like 16. I am so addicted that I just can't fall asleep without it. And its often more thn once a day too. It's part and parcel of my life. Also at times I do look at porn or pornistic forums. As a side note re forums, somehow the yetzer hara tells you it's only a forum not a real pic of a prusta women so how bad could it be. But trust me it can be worse. But it gets worse. I have also flirted with other women on-line. As of now its still far from BH anything serious. Obviously that could change very quickly anytime.

A couple of more pointers,

My wife knows nothing about it and please don't tell me to get my wife involved or you'll kill me.

Re filters, I use my work computer. I am not permitted and in fact it won't allow you to download filters or monitoring partners. Of course my work has filters to block porn. Byt not all sites are blocked and it doesn't block facebook, instagram, etc.. Once you hook up all you need is e-mails. (In fact it bothers me a bit that rabbonim think filters are solutions. But they never address those of us in corporate america who have no admin rights to download anything)

Another random factor, I sit and stare at a computer an entire day. Plus my job is very stressful at times. For those who say you need to be calm. Try out my job and see for yourself.

I also don't have time for lengthily solutions like say the whole tehlil every day, attend shuirm on these stuff etc..

I don't see a way out of the masterbation thing. I can work on suppressing it for a day or two. (Usually I hold back on rosh hashana) But it comes back. It's pretty much analogous to the urge to go to the bathroom. My hormones just push this strong urge that I must relieve myself from. Telling me to hold in is basically like saying OK don't use the bathroom today. I have tried seforim, speaking to rabbonim annoyously etc..

Bottom line where do I start first. I would say first is first stop the porn and flirting since I think the masterbation is just unstoppable.

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Re: I need Help

Posted by Bigmoish - 30 Jun 2015 20:47

[waydown wrote:](#)

Gibbor120,

Thanks your posts have been one of the most encouraging so far.

Sorry, never meant to be confrontational.

Most of us try to attack the root of the problem.

There's no rush to solve this today. It probably won't happen. It took us years to develop these habits. Read some of the literature here and see if anything resonates.

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Re: I need Help

Posted by stillgoing - 30 Jun 2015 21:02

What I believe cordnoy is saying is that the mushel of the onion may work very well for tree trimming, or demolishan, lust addiction is more like an infection. If you just heal the surface wound, then the infection is going to continue into the bloodstream and damage something else. What was called the root of the problem (ie;masterbation) is connected to the flirting and porn, and the flirting is connected to the masterbating. One without the other is still an infection that will continue to grow. A medical doctor would give anti-biotics to kill off the whole infection at once, otherwise it will just keep coming back.

Keep in touch
Oops.

SG

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Re: I need Help

Posted by cordnoy - 30 Jun 2015 21:04

[stillgoing wrote:](#)

What I believe cordnoy is saying is that the mushel of the onion may work very well for tree trimming, or demolishan, lust addiction is more like an infection. If you just heal the surface wound, then the infection is going to continue into the bloodstream and damage something else. What was called the root of the problem (ie;masterbation) is connected to the flirting and porn, and the flirting is connected to the masterbating. One without the other is still an infection that will continue to grow. A medical doctor would give anti-biotics to kill off the whole infection at once, otherwise it will just keep coming back.

Keep in touch

SG

Cordnoy doesn't read meshalim, but read above at my edit before your explanation, which was pretty spot on; nice job SG!

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Re: I need Help

Posted by waydown - 30 Jun 2015 21:13

Ok Cordnoy so in a nutshell you say attack the root of the probelm. attack my 20 yrs of masterbation. yes I relaize everything must stop. But we all agree that baby steps are a start. So you say start with the root. Ok so now what step 1?

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Re: I need Help

Posted by gibbor120 - 30 Jun 2015 21:14

The most important thing to do is to start! You have done that by coming here. No easy feat. There is no "one way", but there are lots of things that we have found not to work. There is a line from the big book that says "half measures availed us nothing".

The big book/white book says that alcoholism/sexaholism is a two part disease.

1 - obsession of the mind

2 - allergy of the body

The obsession of the mind gives us no rest. We are obsessed. Once we take a "sip", the allergy kicks in, and we can't stop.

The problem is that each sip can lead to a binge, so there is just no way to cut back on A, but give in to B.

Many of us have found that we could not "cut back". Now that doesn't mean we can't have mess ups, it just means that sips lead to binges. Inconvenient, but true.

Start with the handbook. Take a look at the "dov quotes" link in my signature. I've got some other goodies there too.

We are really all in this together. Start with something and see how it goes.

There's a lot here. Be patient. You didn't get into this predicament in a day, and you won't get out of it in a day. The goal is "progressive victory over lust".

We look forward to hearing from you. Keep us posted on your progress.

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Re: I need Help

Posted by cordnoy - 30 Jun 2015 21:17

[waydown wrote:](#)

Ok Cordnoy so in a nutshell you say attack the root of the probelm. attack my 20 yrs of masterbation. yes I relaize everything must stop. But we all agree that baby steps are a start. So you say start with the root. Ok so now what step 1?

Patience (as Gibbor said); look around, become acclimated with the oilam; read the literature (many are in my signature).

As an old youngster used to say here: Breeeeeeaaaaath in and breeeeeeeeeeaaath out.

repeat.

b'hatzlachah

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Re: I need Help

Posted by waydown - 30 Jun 2015 21:55

Just a quote from Christie's speech today appripo to the reason I joined GYE.

We must tell each other the truth about the problems we have and difficulties of the solutions we have. But if we tell truth and recognize the hard decisons we must make it will lead to growth for everyone! Just a nice quote whether you agree or disagree with the politics

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Re: I need Help

Posted by yiraishamaim - 30 Jun 2015 23:29

waydown you are came on this forum, you ask for advice. This shows humility. Your last post displays the determination to follow the emes no matter the effort involved.

You definitely have what it takes

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Re: I need Help

Posted by Yudi - 01 Jul 2015 01:23

Hi **waydown**,

but I wanted to warmly
welcome you to the GYE community, and to assure you that you have nothing to lose, and
everything to gain, by posting on the forum, looking around website, going through the Tools,

You are experiencing a moment of truth in your life - something we've all had at one point in our
lives that enabled us to begin the healing process. You can do it too. We'll help you, and you'll

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Re: I need Help

Posted by Pidaini - 01 Jul 2015 04:05

So there you have it!!

It is so nice to see progress so clearly, from feeling a bit misunderstood to joining the crowd,
Gevaldig!!!!!!!!!!!!!!

KUTGW!!

As you wrote, baby steps, but determined baby steps!!

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